

Twin Pines Senior & Community Center ~ March 2015 ~

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:30 Bread Program 9:30 Video Aerobics 9:30 Italian Chat 10:00 Spanish Chat 1:00 Book Club (S) 1:00 Beat Arthritis (R) 2:00 French Chat 2:00 Sit N' Be Fit Video	3 9:00 Mindful Meditation 9:30 Walking Group 10:00 Matter of Balance (S) 10:00 English Class 11:30 Lunch Program (S) 12:00 Canasta 12:15 Classic Movie 12:30 Needlecrafts Group	4 8:45 Strength Training 9:30 Bread Program 9:30 Video Aerobics 10:00 Computer Tutor (S) 10:00 Spanish Class 10:30 Zumba Gold (R) 11:30 German Class 11:30 Lunch Program (S) 12:15 New Movie 12:30 Pinochle/Hearts 2:30 Stories from the Road (S)	5 9:30 Walking Group 9:30 Canasta 11:30 Lunch Program (S) 12:15 Wii Bowling 12:30 Bridge 1:00 Art Group	6 9:30 Chair Yoga 10:40 Mandarin Conversation 1:00 Go 4 Life Fitness Video 1:00 BINGO
9 9:30 Bread Program 9:30 Video Aerobics 9:30 Italian Chat 10:00 Ukulele Sing Along 10:00 Spanish Chat 1:00 Beat Arthritis (R) 2:00 French Chat 2:00 Sit N' Be Fit Video	10 9:30 Walking Group 9:30 Gentle Tai Chi (S) 10:00 Matter of Balance (S) 10:00 English Class 11:30 Lunch Program (S) 12:00 Canasta 12:15 Foreign Film 12:30 Needlecrafts Group	11 8:45 Strength Training 9:30 Bread Program 9:30 Video Aerobics 10:00 Computer Tutor (S) 10:00 Spanish Class 10:30 Zumba Gold (R) 11:30 German Class 11:30 Lunch Program (S) 12:15 New Movie 12:30 Pinochle/Hearts	12 9:30 Walking Group 9:30 Canasta 11:30 Birthday Lunch (S) 12:15 Wii Bowling 12:30 Bridge 1:00 Art Group	13 9:30 Chair Yoga 10:40 Mandarin Conversation 1:00 Go 4 Life Fitness Video 1:30 Ping Pong! 1:30 Mahjong
16 9:30 Bread Program 9:30 Video Aerobics 9:30 Italian Chat 10:00 Spanish Chat 1:00 Beat Arthritis (R) 2:00 French Chat 2:00 Sit N' Be Fit Video	17 8:30 Blood Pressure Clinic 9:30 Bread Program 9:30 Walking Group 9:30 Gentle Tai Chi (S) 10:00 Senior Club Meeting 10:00 English Class 11:30 Lunch Program (S) 12:00 Canasta 12:15 Classic Movie 12:30 Needlecrafts Group	18 8:45 Strength Training 9:30 Bread Program 9:30 Video Aerobics 10:00 Computer Tutor (S) 10:00 Spanish Class 10:30 Zumba Gold (R) 11:30 German Class 11:30 Lunch Program (S) 12:15 New Movie 12:30 Pinochle/Hearts	19 9:30 Walking Group 9:30 Canasta 11:30 Spring Training Lunch (S) 12:15 Wii Bowling 12:30 Bridge 1:00 Art Group	20 9:30 Chair Yoga 10:40 Mandarin Conversation 1:00 Go 4 Life Fitness Video 1:00 BINGO
23 9:30 Bread Program 9:30 Video Aerobics 9:30 Italian Chat 10:00 Spanish Chat 10:00 Opinion Exchange w/ Jim Dunbar 10:00 Stamp Collectors 2:00 French Chat 2:00 Sit N' Be Fit Video	24 9:30 Walking Group 9:30 Gentle Tai Chi (S) 11:30 Lunch Program (S) 12:00 Canasta 12:15 Foreign Film 12:30 Needlecrafts Group 3:00 Senior Advisory Meeting	25 8:45 Strength Training 9:30 Bread Program 9:30 Video Aerobics 10:00 Computer Tutor (S) 10:00 Spanish Class 10:30 Zumba Gold (R) 11:30 German Class 11:30 Lunch Program (S) 12:15 New Movie 12:30 Pinochle/Hearts	26 9:30 Walking Group 9:30 Canasta 10:00 Meet Your Librarians! 11:30 Lunch Program (S) 12:15 Wii Bowling 12:30 Bridge 12:30 New! Village Info Session 1:00 Art Group	27 9:30 Chair Yoga 10:40 Mandarin Conversation 1:00 Go 4 Life Fitness Video 1:30 Ping Pong! 1:30 Mahjong
30 9:30 Bread Program 9:30 Video Aerobics 9:30 Italian Chat 10:00 Spanish Chat 1:00 Beat Arthritis (R) 2:00 French Chat 2:00 Sit N' Be Fit Video	31 9:30 Walking Group 9:30 Gentle Tai Chi (S) 10:00 Matter of Balance (S) 11:30 Lunch Program (S) 12:00 Canasta 12:15 Classic Movie 12:30 Needlecrafts Group	<p style="text-align: center;"> <i>*Some activities require Signing up (S), some require Registration with Parks & Recreation (R), some are drop-in</i> <i>*Activities are subject to change. Please call 595-7444 to confirm.</i> </p>		